



Suicide Prevention

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

Background data

- ⇒ Worldwide there are more deaths due to suicide than to accidents, homicides and war combined.
- ⇒ Currently, suicide is the 10th leading cause of death in the U.S.
- ⇒ Every day, approximately 80 Americans take their own lives, and 1,500 more attempt to do so.
- ⇒ There are more than four male suicides for every female suicide, but twice as many females as males attempted suicide.
- ⇒ Firearms are the most frequent method of suicide among adults in the United States. They are also the most frequent method among Sailors and Marines.

What to do

Early recognition and treatment is the best way to prevent suicide. Remember to **A-C-T**.

A - Ask how your personnel how they are doing. There is no replacement for knowing them. Find out if they are having a tough time. Stay alert for mentions of suicide.

C - Care about your people. While talking to them use good communication skills. Close the door, give them your undivided attention, don't rely on cell phones or PDAs, and repeat back to them what they have said to ensure you understand them.

T - Transport/Treat. Get them help. Never leave someone alone who is thinking about hurting themselves. Let a professional determine the right level of care: a family service center, hospitalization, or outpatient care.



<http://www.sapr.mil/>

www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx



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